

## PRE-MOTIVATIONAL PHASE

Background factors and triggering events

## MOTIVATIONAL PHASE

Ideation/intention formation

## VOLITIONAL PHASE

Behavioural enactment

Diathesis



Environment



Life events

Defeat and humiliation



Entrapment



Suicidal ideation and intent



Suicidal behaviour

Threat-to-self moderators

E.g.

- Lack of social problem solving
- Lack of coping
- Negative memory biases
- Rumination processes

Motivational moderators

E.g.

- Thwarted belongingness
- Burdensomeness
- Lack of positive future thoughts
- Absence of goals
- Norms
- Lack of resilience
- Lack of social support
- Positive attitudes towards suicide

Volitional moderators

E.g.

- Access to means
- Planning
- Exposure to suicide
- Imagery
- Fearlessness about death
- Impulsivity
- Physical pain sensitivity
- Past behaviour